



Brain Agility

Keeping a Healthy and Youthful Brain by Peter Moulton, Ph. D

7-wk Class designed to help older adults keep a healthy and youthful brain.

Fall
Class

The Brain Agility Program offers weekly presentations on brain health and unique daily mental exercises designed to enhance the brain's ability to remember, stay focused, be aware, and be alert. Enjoy daily mental exercises with progressive levels of difficulty to maintain a productive challenge as cognitive functioning improves.

Date and Time:

2:30-3:30pm, Wednesdays (one week is on a Thursday)

Oct. 1, 8, 16 (Thurs), 22, 29 and Nov. 5 & 12

Cost: Members Potential Member
\$45.00 \$55.00

Location: Eugene Family YMCA Beck Center

Registration: YMCA Reception Center



EUGENE FAMILY YMCA

2055 Patterson 686-9622 www.eugeneymca.org

We build strong kids, strong families, strong communities.

Sustainable Building Advisor Certificate Program

*One weekend/per month classes
adapted for the working professional.*

**There's still time
to register!
2008 classes
begin October 3rd**

NEEI
Northwest Energy
Education Institute at
Lane Community College



REGISTER AT - WWW.NWEEI.ORG OR CALL

(541) 463-3977



You may qualify for a partial scholarship from EWEB - call 463-3154 for details



Be active again!

Have your life and activity been sidelined by pain? Does hip or knee arthritis prevent you from shopping, gardening, hiking, or skiing? Come to the Slocum Center for Orthopedics & Sports Medicine. We'll help you be active again.

I'm Steven Shah, M.D. I restore patients' function and mobility, so they can return to an active life. Through careful evaluation of your specific problem, I can recommend the most appropriate treatment, whether it's knee replacement, hip resurfacing, or traditional hip replacement. My goal is to help you achieve a rapid and lasting improvement in your pain and function.

I'm here to help you
live in motion.

slocum

center for
orthopedics &
sports medicine



541-743-4102

Slocum Center, 55 Coburg Road, Eugene

Live in motion.

Steven N. Shah, M.D.
Joint Replacement Surgeon